

A foot health primer

Every step we take can affect our health

Regardless of your size, your feet carry a heavy load, using a complex network of bones, muscles, and tendons to support your body. This means that every step you take can affect the rest of your body, or tell you something about other health issues.

As the foundation of your body, your foot health can be an important indicator of your overall health, particularly for older people.¹ For example, tingling or numbness could be a sign of diabetes, while swelling might indicate kidney disease, heart disease, or high blood pressure. And naturally, if you are overweight, your feet are likely to be more stressed.

Beyond healthy weight management, a few basic ways to keep your feet healthy are:

- Examine your feet regularly
- Wear comfortable shoes that fit well
- Keep your feet clean and dry
- Trim your toenails straight across, and not too short

Foot health challenges can range from the simply bothersome to completely debilitating, depending on the extent and nature of the issue. Common foot problems include bunions and corns, athlete's foot, arch pain, toenail fungus, and hammertoes.

But serious issues in mobility, balance, and lower back comfort are often connected to foot health, and can be difficult to diagnose.

Talking to your doctor about the connection between your feet and any discomfort or pain elsewhere is always a good idea. As we age, it becomes increasingly difficult for health care providers to determine the source of certain problems, making the Best Doctors benefits program an important resource in cases involving foot health or other health problems that can affect our feet.

As part of your Best Doctors benefits, an in-depth review of your medical case will give you a simple report that either confirms your diagnosis or recommends a change. Regardless of your foot health and what it means for your overall health, Best Doctors is your one-stop shop for eliminating uncertainty and getting additional guidance on your health and wellness.

1. <https://medlineplus.gov/fothealth.html>

For more information, call 1-877-419-2378

or visit bestdoctors.com/canada.